

Abstract

Title: Effect of 12 week intervention programme on selected components of body composition of seniors

Objectives: The main objective of this thesis is to determine whether the 12 week intervention programme can positively affect the selected components of body composition of seniors.

Methods: For the needs of this thesis the measurements of body composition by using bioimpedance methods was used in this thesis. The questionnaire was used for gathering needful information concerning the implementation of physical activity of quality of life. Based on the collected data the 12 week intervention programme was recommended to seniors. After 12 weeks the output measurement and comparison of input and output data was done. The changes of maximum hand grip measured by using hand-held digital dynamometer were observed.

Results: In the term of 12 week intervention, this study has not show either significant changes in amount of free fat mass of seniors, who increased the weekly volume of physical activity or significant changes in the percentage of fat mass of individuals, who performed aerobic activity. The study proved significant decrease in ECM/BCM ratio of individuals, who have gone through the resistance exercise. In general, the tendency of qualitative improvement of body composition of seniors was noted in connection with increased physical activity.

Key words: elderly, body composition, physical activity, exercise programme